The Power of Choice

Helping Youth Make Healthy Eating and Fitness Decisions

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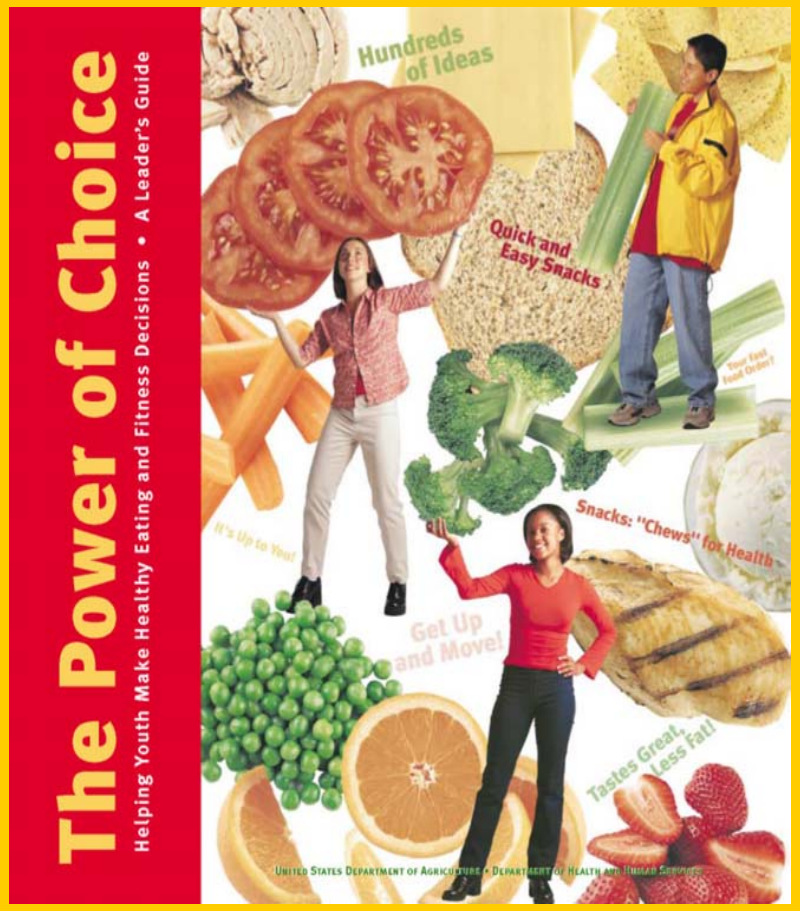
A Leader's Guide



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The Power of Choice: What Is It?

- A healthy lifestyle initiative designed to involve kids.

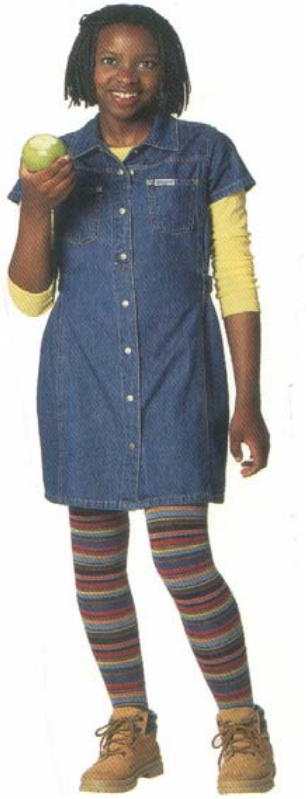
- A chance for kids to explore the links between fitness, food choices, food safety, and health.

The Power of Choice: Target Group

Preteens

(ages 11 to 13)

participating in out-of-school programs



The Power of Choice: Kids' Health Risks

Focuses on unique needs of preteens

- Many kids are flunking eating!
- Childhood obesity is increasing.
- Activity levels drop around age 13.

The Power of Choice: Goals

- Empowers
- Motivates
- Builds skills

The Power of Choice: What It Provides

- **Life skills activities** that build confidence
- **Positive experiences** with peers, caring adults, and families
- **Experience setting goals** and making sound decisions
- **Support for involvement** in the community

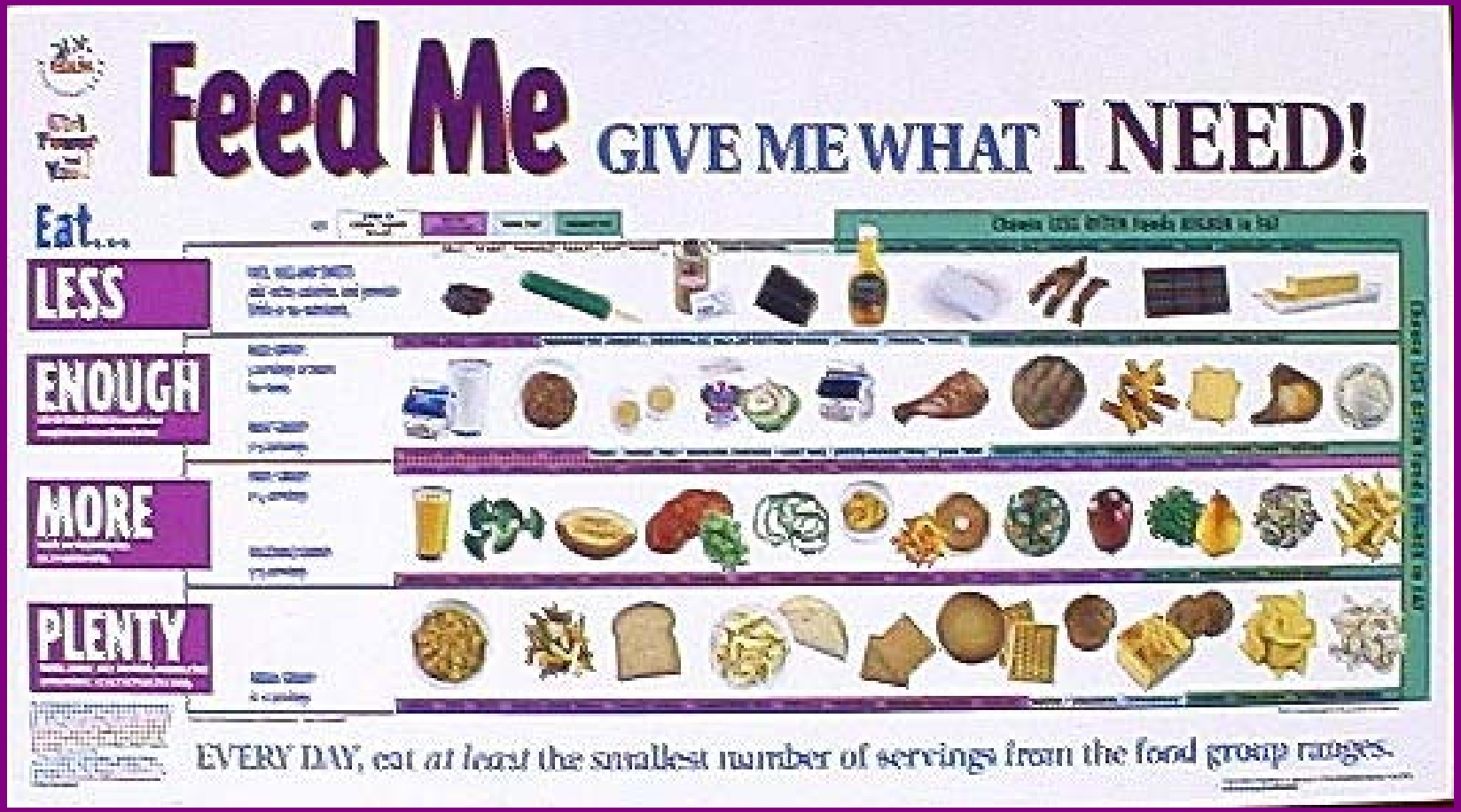
The Power of Choice: Leader's Guide

- Hundreds of Ideas
- Quick & Easy Snacks
- 10 Critical Topics
- "Getting-ready" Help

The Power of Choice: Leader's Guide

- Recipe booklet
- Nutrition Fact cards
- Builds on middle school health messages in USDA's *yourSELF* kit
- 4 Posters with Key Themes


Move It!
Choose your FUN!
Do...
LESS
spend less time sitting around watching TV or using the computer.
ENOUGH
Do enough strengthening activities to keep your muscles firm.
MORE
Do more intense activities that warm you up and make you glow!
PLENTY
walk, wiggle, dance, climb the stairs, just keep moving whenever you can.


Feed Me
GIVE ME WHAT I NEED!
Eat...
LESS
ENOUGH
MORE
PLENTY
EVERY DAY, eat at least the smallest number of servings from the food group ranges.


READ IT before you EAT IT!
How many servings are you eating?
Nutrition Facts
Get What You Need!
Get LESS
5% or less is low
20% or more is high
Get ENOUGH
5% or less is low
20% or more is high
What's the Best Choice for You?
Use the Nutrition Facts Label to Make Choices

FIGHT BAC!

Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
http://schoolmeals.nal.usda.gov

The Power of Choice: Supplemental Content

The enclosed CD contains:

- MORE activities and snack ideas
- The basics of what young teens need
- Tips for meaningful communication
- Ways to get families involved
- Personal Power Tips for Leaders Only

and… a 27 minute video

The Power of Choice: Showing by doing…

The CD contains:

It's All About You

It shows Leaders, and other adults, how to make healthy choices for their own benefit and how they can be the right kind of role model for kids.

The Power of Choice: Promotion…

Use these tools to get others involved:

Recipe Booklet — targets kids and parents

Video — talks to parents & other adults

Slide Show — gives a quick overview for training or support

The Power of Choice: Who developed it?

Food and Drug Administration

of the Department of Health and Human Services

and

Food and Nutrition Service

of the Department of Agriculture

The Power of Choice: For More…

Free Resources and Information

Go to the Team Nutrition webpages:

http://www.fns.usda.gov/tn/